

THE FAIRFAX AREA AGENCY ON AGING PRESENTS CAREGIVER'S CORNER ONLINE AUGUST 2006

"Caregiver's Corner Online" is an electronic newsletter produced by the Fairfax Area Agency on Aging (AAA) with funding from the National Family Caregiver Support Program of the Older Americans Act. Our goal is to send you information to support you as a family caregiver for an older adult.

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1. FAIRFAX COUNTY HEALTH DEPARTMENT TIPS FOR KEEPING COOL. When the weather is hot and high temperatures are expected, the Fairfax County Health Department offers these tips to help you keep cool:

- Drink plenty of fluids. Drink 2 to 4 glasses of cool fluids each hour.
- Do not drink caffeinated or alcoholic beverages because they dehydrate the body.
- Keep cool indoors. If you can, stay in an air-conditioned area.
Resting for just two hours in air conditioning can significantly reduce heat-related illnesses.
- Plan outdoor activities around the heat. If you must go outside, go before noon or at night when it's cooler. Avoid strenuous physical activities or reschedule them for the coolest part of the day, usually the early morning.
- Give your body a break. Heat is stressful on your body. Limit physical activity until your body adjusts to the heat.
- Eat light meals, avoiding high-protein foods because they increase metabolic heat.
- Don't take salt tablets unless directed by a doctor.
- Wear light-colored clothing, which helps reflect sunlight.
- Wear sunscreen to prevent sunburn. Sunburn makes it more difficult for your body to cool off.

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--Never leave children or pets unattended in a car--not even for a few minutes. Even with the windows slightly open, the temperature in a car on a 93-degree day can soar to 125 degrees in just 20 minutes and approximately 140 degrees in 40 minutes.

People at greatest risk of getting sick from the heat are babies and young children, people 65 and older, people who are overweight, people who are already sick or on certain medicines, and people who overexert themselves by work or exercise. People can suffer ill health effects when their body temperature control system is on overload. Your body temperature can shoot up when normal sweating can't cool it quickly enough in extreme heat. Damage to the brain or other vital organs can result from very high body temperatures. Several heat-related health conditions can cause serious health problems. People suffering from heat cramps and heat exhaustion may require medical attention. However, heat stroke is a life-threatening emergency requiring immediate medical attention.

2. FAN CARE PROGRAM. Summer heat and humidity can be physically stressful and dangerous to the frail elderly. To help ensure their health and comfort, the Fairfax Area Agency on Aging (AAA) announces the 16th year of the Fan Care Program, an electric fan and window air conditioner distribution program sponsored by Dominion Virginia Power, in partnership with the Virginia Department for the Aging. This program runs from June 1 to September 30, 2006. The AAA purchases fans and air conditioners and makes them available, free of charge, to income eligible seniors who have an existing home situation that presents a threat to their well being. The fans and air conditioners become the property of the individual. Arrangements can be made for a fan or an air conditioner to be delivered to those individuals who are unable to pick them up from our offices. To qualify for the program, a person must be at least 60 years of age and have a combined monthly family income of no more than \$1,225 for a household of one, \$1,650 for a household of two, or \$2,075 for a household of three, etc. Not all persons in the home need to be elderly to qualify. To request an application, call 703-324-7694. Please leave your name, phone number, address, and indicate the program in which you are interested.

3. PARTICIPANTS TO BE CHOSEN FOR MAJOR HEALTH STUDY. The National Center for Health Statistics, an agency of the U.S. Department of Health and Human Services, is conducting a major study of the health of persons living in the United States. Fairfax County has been selected as one of the survey locations for the National Health and Nutrition Examination Survey (NHANES).

The National Center for Health Statistics has approached the Fairfax Area Agency on Aging for their support in disseminating information about this upcoming survey. A sample of about 451 people from Fairfax County will be asked to participate in the survey. If you are one of those asked to participate, the following gives more information on the effort. The survey is an effort to gather information to assess the health and nutrition status of children and adults and their needs for health care. NHANES is unique in that it is the only nationally representative study that combines interviews and physical examinations.

Personnel from the National Center for Health Statistics will be conducting the survey in Fairfax County from August 22, 2006 through November 4, 2006. Survey staff will collect data through household interviews and standardized medical examinations in their mobile examination center.

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If you are contacted and asked to be a participant in the survey, you will play an important role in helping health care providers address health issues more effectively. It is critical that seniors be represented in the survey so that the health care needs of this population are identified and addressed by both government agencies and the private sector.

4. SUPPORT GROUP INFORMATION. The Support Group for Caregivers of Older Adults at Grace Presbyterian Church, 7434 Bath Street in Springfield, welcomes new members. The group will meet on Monday, September 11, 2006 and subsequently on the second Monday of each month through June 2007 from 7:00 to 8:30 p.m. in the church library. In a supportive environment, participants share the joys and challenges of caring for a spouse or older relative who lives locally or out of the area. Resource materials are available. For more information, please contact Beth Hershner, Director of the "Aging with Grace" Ministry at 3013aging@gracepresby.org or 703-451-2900 ext. 3013.

For information on other support groups in Fairfax County for caregivers of older persons, please visit the Web site of the Fairfax Area Agency on Aging at www.fairfaxcounty.gov/aaa and look for "Caregiving" and "Caregiver Support Groups."

5. FALL 2006 SEMINAR SERIES FOR CAREGIVERS OF OLDER ADULTS. The Fairfax Caregiver Seminar Consortium announces the Fall 2006 series of free talks for caregivers of older adults. Events will be held at various times and places throughout Fairfax County. Events will also be posted at www.fairfaxcounty.gov/aaa. Look for caregiver seminars. Please call 703-324-5205, TTY 703-449-1186, to register or to request reasonable ADA accommodations.

Consortium members include the Alzheimer's Association, Alzheimer's Family Day Center, Thomas West Financial Services, Fairfax County Department of Community and Recreation Services, Fairfax County Department of Family Services, Fairfax County Health Department, Fairfax County Public Library.

SEPTEMBER SEMINARS:

"When More Help is Needed with Caregiving"

Tuesday, September 19, 7:00 p.m. to 8:30 p.m.

Braddock Glen Adult Day Health Care Center

4029 Olley Lane, Fairfax

For directions only, call 703-978-0502

Speaker: Sharon Lynn, LCSW, Assistant Director, Fairfax Area Agency on Aging

"Elder Care and Work: Finding the Balance"

Tuesday, September 26, 7:00 p.m. to 8:30 p.m.

Herndon Senior Center

873 Grace Street, Herndon

For directions only, call 703-464-6200

Speakers: Sharon Lynn, LCSW, Assistant Director, Fairfax Area Agency on Aging; Betsy Pugin, Elder Care Coordinator, Fairfax Area Agency on Aging

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"Focus on the Caregiver"

(Stress Management and Wellness Tips)

Wednesday, September 27, 1:00 p.m. to 2:30 p.m.

Sherwood Regional Library

2501 Sherwood Hall Lane, Alexandria

For directions only, call 703-765-3645

Speakers: Elaine Eckert, LCSW, Co-Team Leader, Program for Older Adults and Their Families, Mt. Vernon Mental Health Center; Laurie Strickland, Fitness Director, Park Services for the Fairfax County Park Authority

OCTOBER SEMINARS:

"Caregiving Can Be Expensive--Do You Have a Plan?"

Tuesday, October 3, 7:00 p.m. to 8:30 p.m.

Lewinsville Adult Day Health Care Center

1609 Great Falls Street, McLean (Use side entrance) For directions only, 703-734-1718

Speaker: Thomas West, CLU, ChFC, Financial Advisor, Thomas West Financial Services

"Is It Time to Give Up the Keys and the Credit Cards?"

Tuesday, October 10, 7:00 p.m. to 8:30 p.m.

Little River Glen Senior Center

4001 Barker Court, Fairfax.

For directions only, 703-503-8710

Speakers: Thomas Polhemus, Investigator, Fairfax County Police Department, Financial Crimes Unit; Nancy Dezan, Alzheimer's Disease Education Specialist, Alzheimer's Association

"Navigating the Legal and Medicaid Maze of Long-Term Care"

Thursday, October 12, 12:00 noon to 1:30 p.m.

Pennino Human Services Building

12011 Government Center Parkway, Rm. 206A, Fairfax

703-324-5411

Speakers: Nora Torres, Long-Term Care Benefits Supervisor, Fairfax County Department of Family Services; Evan Farr, Certified Estate Advisor, Certified Elder Law Attorney

"Home Is No Longer an Option--Now What?"

Wednesday, October 18, 7:00 p.m. to 8:30 p.m.

Chantilly Regional Library

4000 Stringfellow Road, Chantilly

For directions only, call 703-502-3883

Speakers: Nancy Cavicke, Ombudsman, Northern Virginia Long-Term Care Ombudsman Program; Catherine Cole, Director, ElderLink, Options for Caregiving

"Understanding Communication and Behavior in Alzheimer's Disease and Related Disorders"

Thursday, October 19, 10:00 a.m. to 11:30 a.m.

Alzheimer's Family Day Center

2812 Old Lee Highway, Fairfax

703-204-4664

Speakers: Susan Stone, Outreach Coordinator, Alzheimer's Family Day Center; Nancy Dezan,

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Alzheimer's Disease Education Specialist, Alzheimer's Association.

****Respite care available. Call to make a reservation.**

"Legal and Financial Planning for Long-Term Care"

Wednesday, October 25, 7:00 p.m. to 8:30 p.m.

Lincolnia Senior Center

4710 N. Chambliss Street, Alexandria

For directions only, call 703-914-0223

Speakers: Thomas West, CLU, ChFC, Financial Advisor, Thomas West Financial Services; Susan Pollack, Elderlaw Attorney, Needham, Mitnick & Pollack

NOVEMBER SEMINARS:

"Humor for the Caregiver's Soul--Surviving the Holidays"

Wednesday, November 1, 10:00 a.m. to 11:30 a.m.

Alzheimer's Family Day Center

2812 Old Lee Highway, Fairfax

703-204-4664

Speaker: Susan Stone, Outreach Coordinator, Alzheimer's Family Day Center.

****Respite care available. Call to make a reservation.**

"When Your Loved One is Anxious, Angry, or Depressed"

Thursday, November 2, 7:00 p.m. to 8:30 p.m.

Little River Glen Senior Center

4001 Barker Court, Fairfax

For directions only, 703-503-8710

Speaker: Frances Allen, LCSW, Senior Clinician, Woodburn Community Mental Health Center

"Understanding Medicare, Medi-Gap, and Medicare Part D"

Wednesday, November 8, 1:00 p.m. to 2:30 p.m.

Franconia Governmental Center

6121 Franconia Road, Alexandria

For directions only, 703-971-6262

Speaker: Howard Houghton, Virginia Insurance Counseling and Assistance Program, Fairfax Area Agency on Aging

6. FREE RESPITE DAY FOR GRANDPARENTS AND OTHER RELATIVES RAISING

CHILDREN. On Saturday, August 19, a respite day will be offered for grandparents and other relatives raising children. Entertaining activities will be provided for the children by Community and Recreation Services staff while the grandparents are free to use the time however they wish. The event will be held from 10:00 a.m. to 3:00 p.m. at Gum Springs Community Center, 8100 Fordson Road, Alexandria. Children must be 3 years or older.

There is no cost for the day, but pre-registration is required. For more information or to register, please call 703-324-5205, TTY 703-449-1186.

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Respite Day is being offered as a joint project of the Department of Community and Recreation Services, the Fairfax County Department of Family Services, the Fairfax County Public Schools, the Kinship Care Committee of Fairfax County, and the Fairfax County Department of Systems Management for Human Services.

7. MARK YOUR CALENDAR FOR THE 4TH ANNUAL EVENT FOR CAREGIVERS OF OLDER ADULTS.

Thursday, November 16, 2006

"Give Care, Take Care"

Waterford at Fair Oaks

9:30 a.m. to 1:00 p.m.

More information will be available in October.

8. PREVIOUS EDITIONS OF "CAREGIVER'S CORNER ONLINE" NEWSLETTER.

Current and past editions of the "Caregiver's Corner Online" newsletter are available online at www.fairfaxcounty.gov/aaa/caregivers_corner_nl.htm/.

Please note that these items are included for informational purposes only and do not imply endorsement by the Fairfax Area Agency on Aging or Fairfax County Government.

For further information, please contact an Aging Information Specialist at the Fairfax Area Agency on Aging (telephone: 703-324-5411; TTY 703-449-1186 or e-mail: fairfax_aaa@fairfaxcounty.gov). Visit our Web site at: www.fairfaxcounty.gov/aaa.
